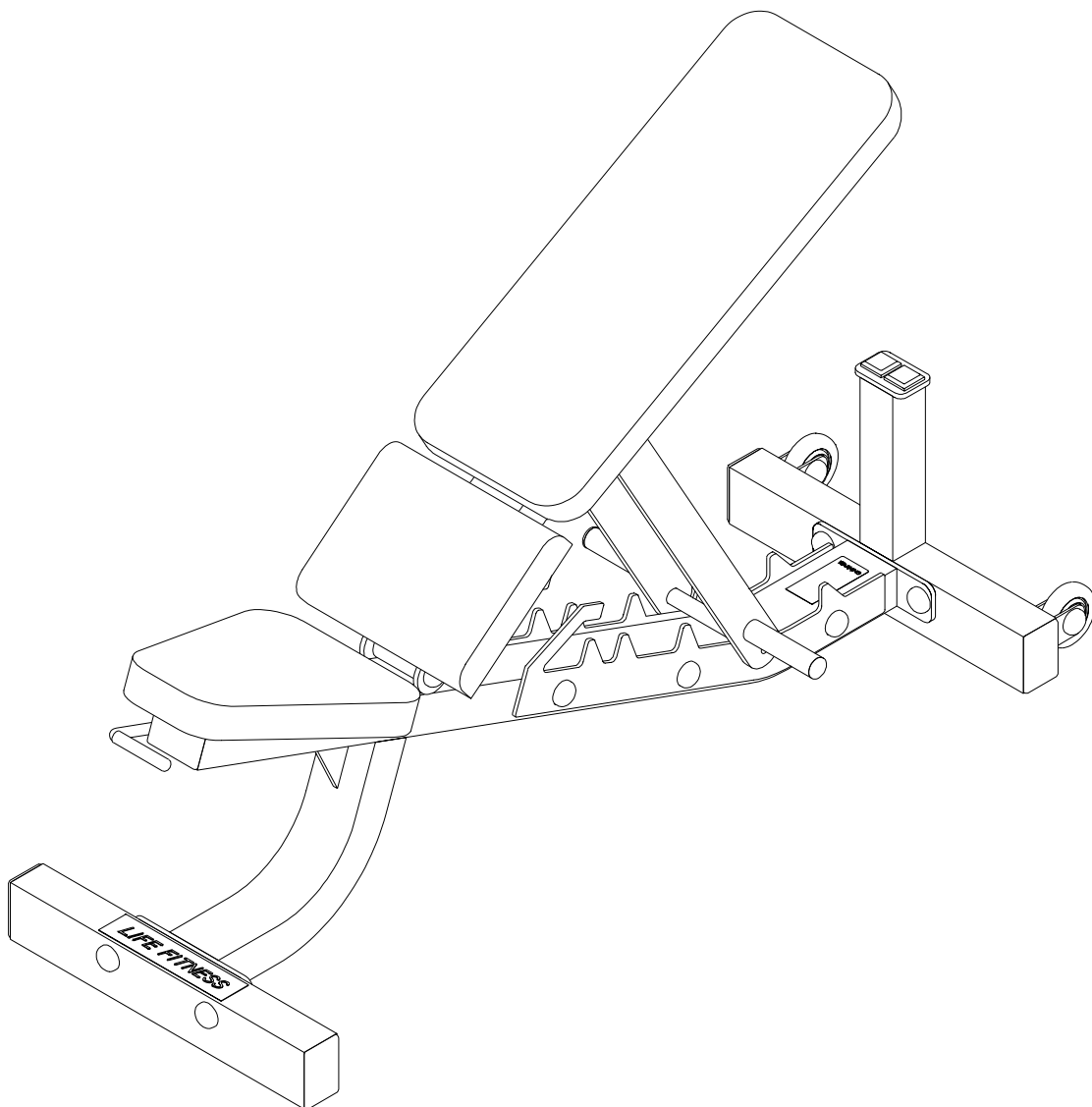




CLUB SERIES ADJUSTABLE BENCH



ASSEMBLY INSTRUCTIONS

PARTS LIST

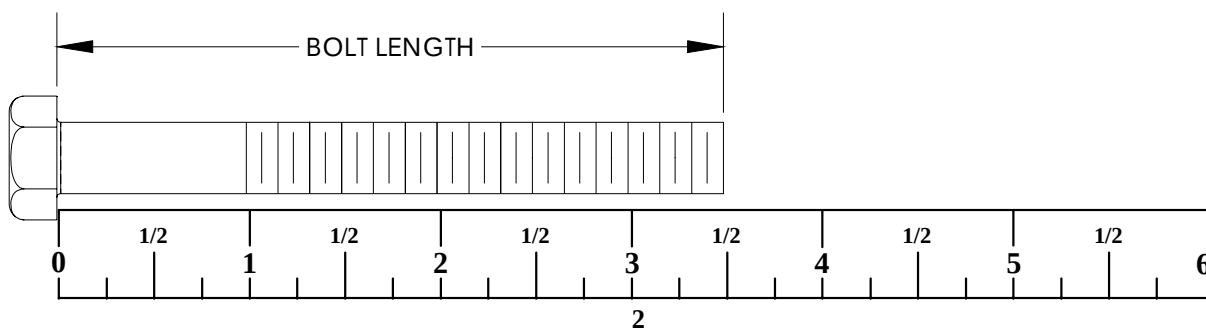
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	71447	BENCH FRAME	1		15	3223320	3/8 X 6-1/2" BOLT	2
2	71446	BACK PAD SUPPORT	1		16	3202406	3/8 X 1-1/4" BUTTON HEAD BOLT	2
3	71443	BACK PAD ADJUST	2		17	3102807	3/8" LOW HEIGHT LOCK NUT	12
4	71444	3 X 2 X 18" TUBE	1		18	3102514	3/8" SAE WASHER	10
5	71445	REAR UPRIGHT	1		19	3228501	3/8" BLACK SAE WASHER	2
6	71315	BACK PAD ADJUST PLATE	2		20	3104901	3/4" FLANGE BEARING	4
7	69131xx	SEAT PAD	1		21	7131002	3/4 X 3" PIVOT SHAFT	1
8	69132xx	LUMBAR PAD	1		22	7131001	3/4 X 5-5/16" PIVOT SHAFT	1
9	69307xx	BACK PAD	1		23	7145501	3/4 X 5-5/16" CHROME PIVOT SHAFT	1
10	3102941	3/8 X 1-1/2" BOLT	2		24	6866701	3/8" RH WASHER	28
11	3102922	3/8 X 2-3/4" BOLT	4		25	3116001	1-1/4" SQ. RUBBER BUMPER	2
12	3102904	3/8 X 3" BOLT	4		26	6866601	BLACK RH CAP	6
13	3102905	3/8 X 3-3/4" BOLT	3		27	6535501	3" WHEEL	2
14	3102906	3/8 X 4" BOLT	1		28	6866602	WHITE RH CAP	22
					OR	6866603	PLATINUM RH CAP	22

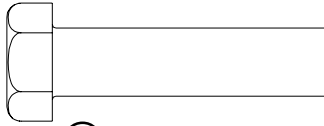
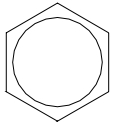
Tools Required for Assembly

- * Rubber mallet or hammer
- * 9/16" wrench
- * Ratchet with 9/16" socket
- * 7/32" Allen wrench

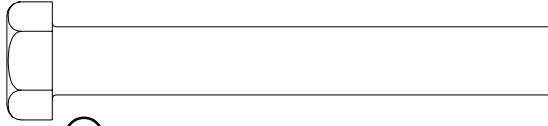
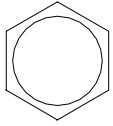
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

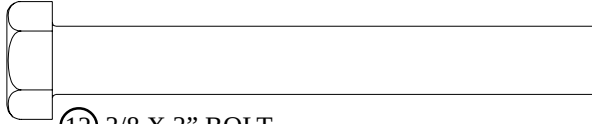
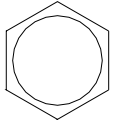




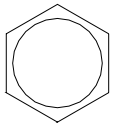
⑩ 3/8 X 1-1/2" BOLT



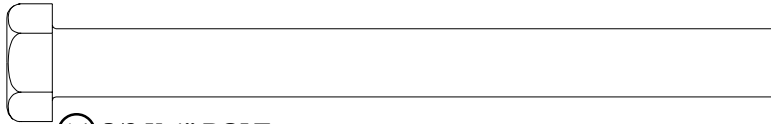
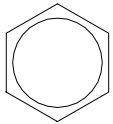
⑪ 3/8 X 2-3/4" BOLT



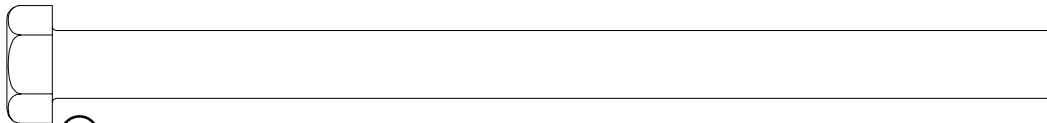
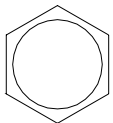
⑫ 3/8 X 3" BOLT



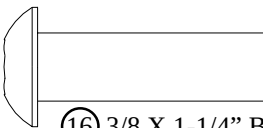
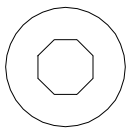
⑬ 3/8 X 3-3/4" BOLT



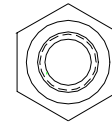
⑭ 3/8 X 4" BOLT



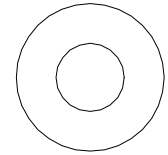
⑮ 3/8 X 6-1/2" BOLT



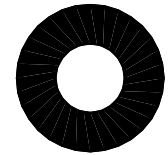
⑯ 3/8 X 1-1/4" BUTTON HEAD BOLT



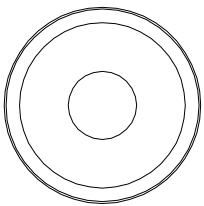
⑰ 3/8" LOW
HEIGHT LOCK
NUT



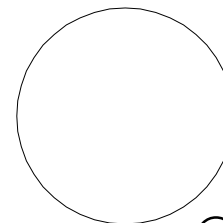
⑱ 3/8" SAE
WASHER



⑲ 3/8" BLACK SAE
WASHER

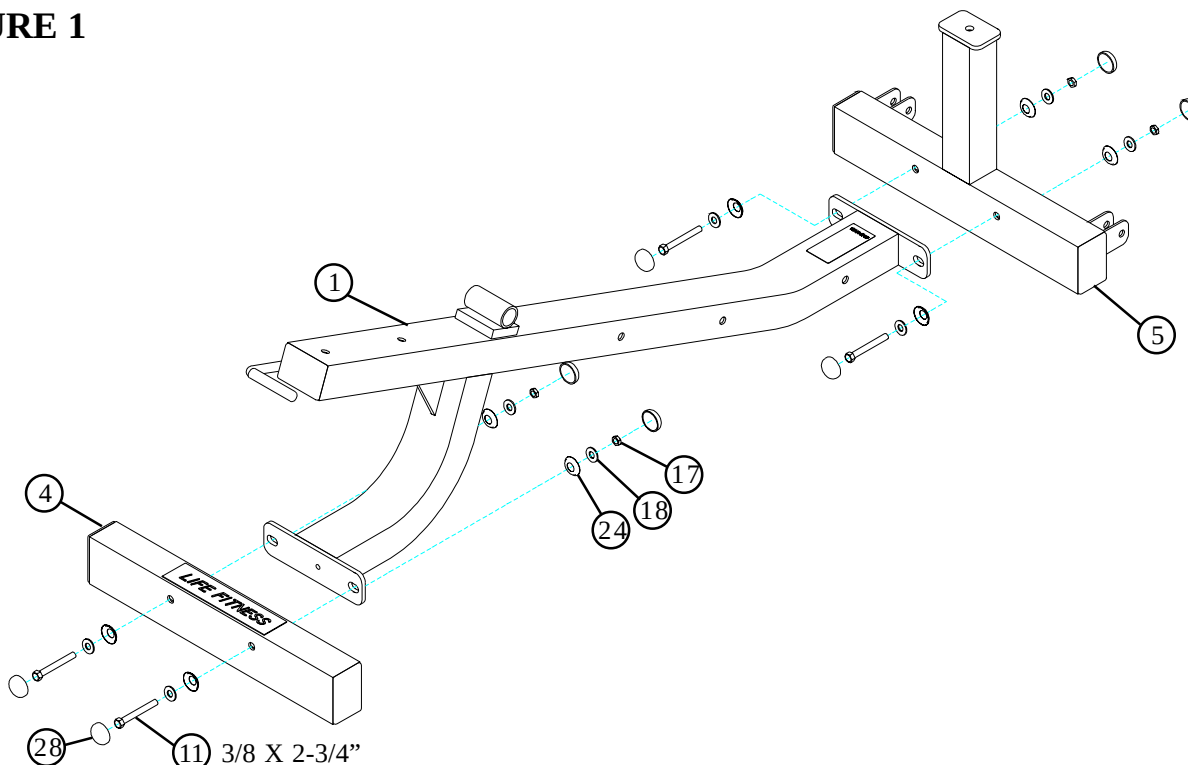


⑳ RH
WASHER



㉔ ㉔ RH CAP
(BLACK/WHITE/PLATINUM)

FIGURE 1



STEP 1:

- **SECURELY** assemble the 3 X 2 X 18" TUBE (4) and the REAR UPRIGHT (5) to the BENCH FRAME (1) using eight RH CAPS (28), four 3/8 X 2-3/4" BOLTS (11), eight 3/8" SAE WASHERS (18), eight 3/8" RH WASHERS (24) and four 3/8" LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 1.

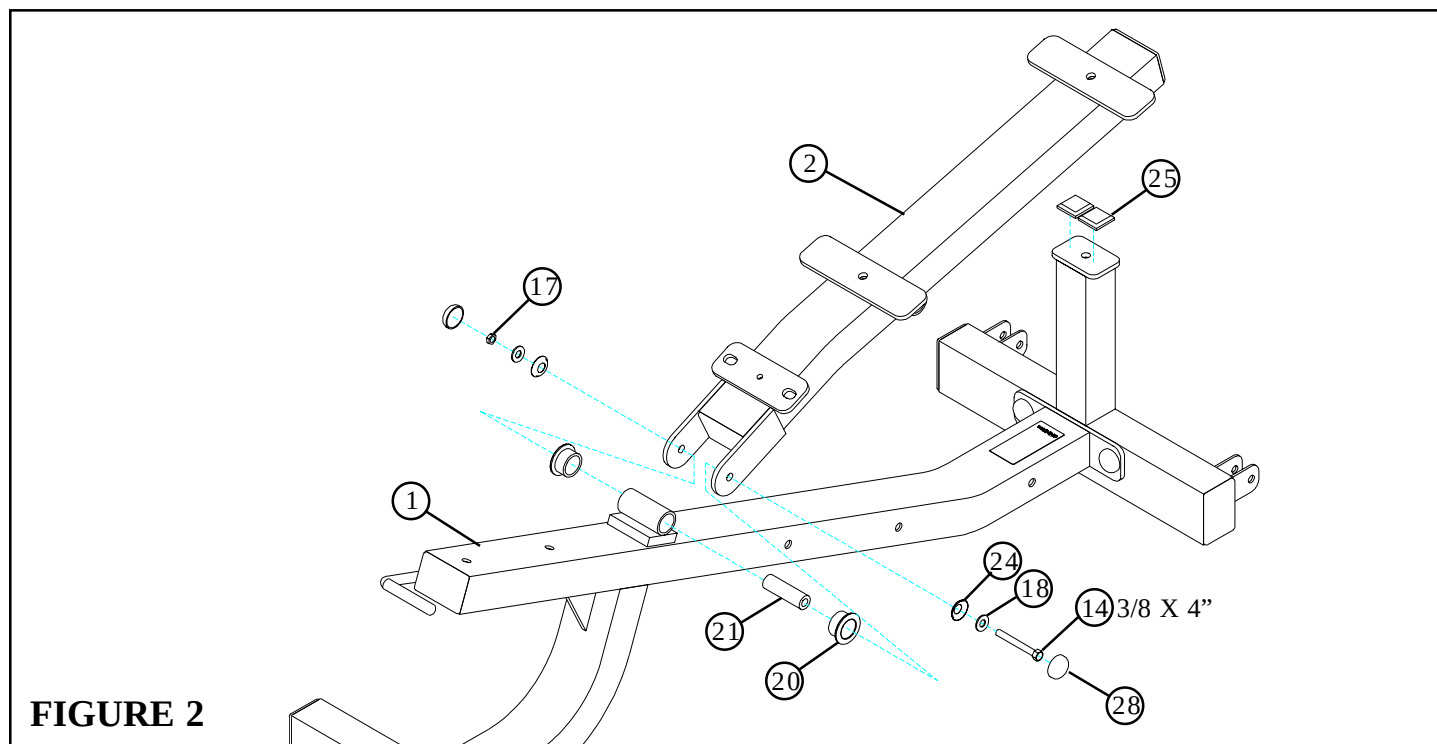
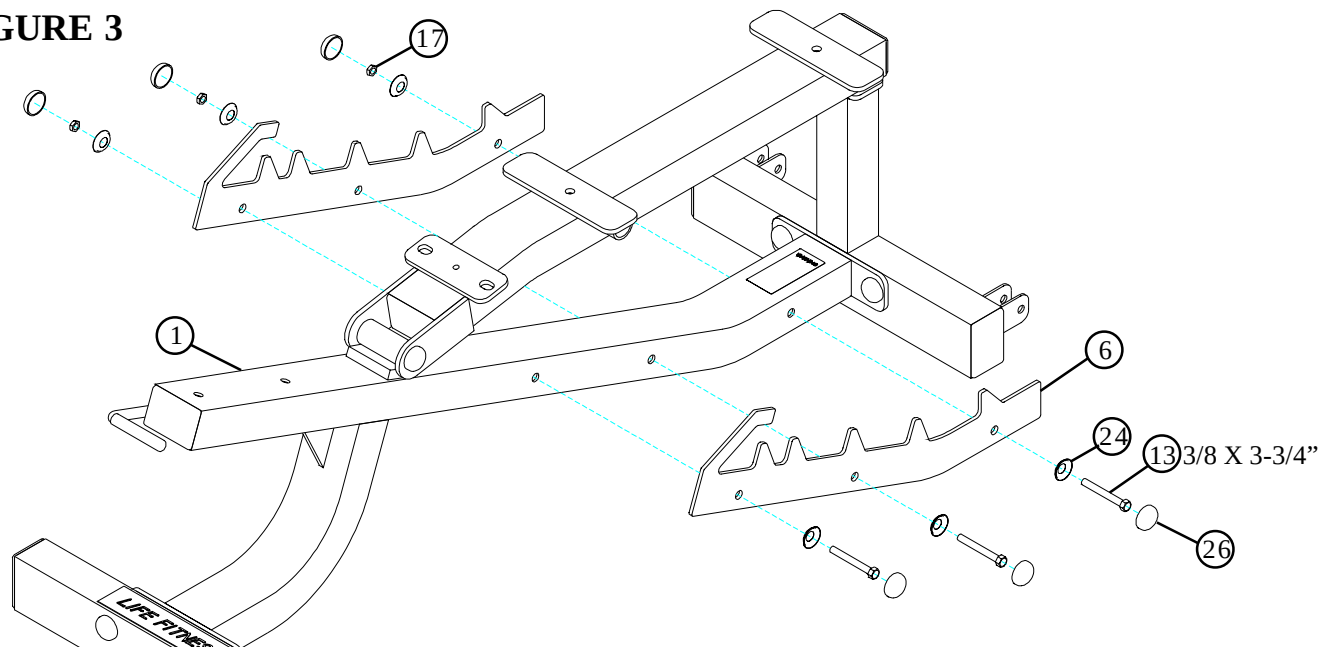


FIGURE 2

STEP2:

- **SECURELY** assemble the BACK PAD SUPPORT (2) to the BENCH FRAME (1) using two RH CAPS (28), one 3/8 X 4" BOLT (14), one 3/4" X 3" PIVOT SHAFT (21), two 3/4" FLANGE BEARINGS (20), two 3/8" SAE WASHERS (18), two 3/8" RH WASHERS (24) and one 3/8" LOW HEIGHT LOCK NUT (17) as shown in FIGURE 2.
- Assemble two 1-1/4" RUBBER BUMPERS (25) to where the BACK PAD SUPPORT (2) contacts the BENCH FRAME (1).

FIGURE 3



STEP 3:

- **SECURELY** assemble the BACK PAD ADJUST PLATES (6) to the BENCH FRAME (1) using six **BLACK** RH CAPS (26), three 3/8 X 3-3/4" BOLTS (13), six 3/8" RH WASHERS (24) and three 3/8" LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 3.

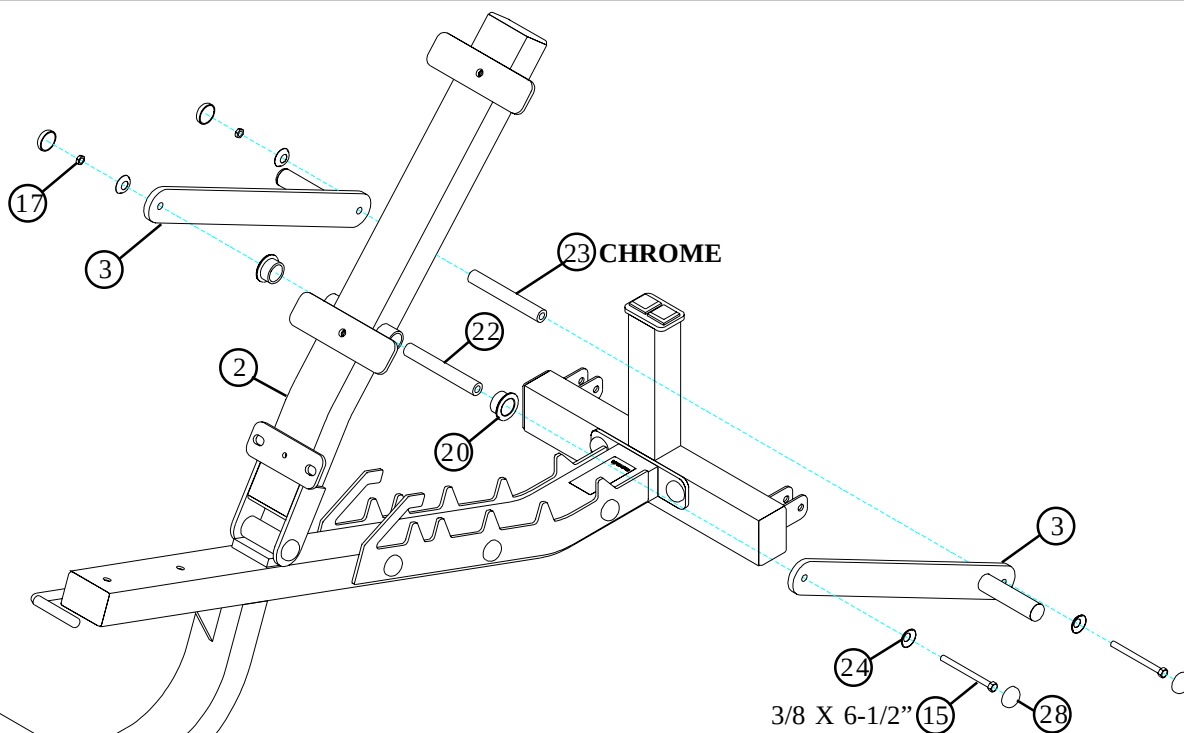


FIGURE 4

STEP 4:

- **SECURELY** assemble two BACK PAD ADJUSTS (3) to the BACK PAD SUPPORT (2) using two RH CAPS (28), one 3/8 X 6-1/2" BOLT (15), one 3/4 X 5-5/16" PIVOT SHAFT (22), two 3/4" FLANGE BEARINGS (20), two 3/8" RH WASHERS (24) and one 3/8" LOW HEIGHT LOCK NUT (17) as shown in FIGURE 4.
- **SECURELY** assemble one 3/4" X 5-5/16" **CHROME** PIVOT SHAFT (23) between the two BACK PAD ADJUSTS (3) using two RH CAPS (28), one 3/8 X 6-1/2" BOLT (15), two 3/8" RH WASHERS (24) and one 3/8" LOW HEIGHT LOCK NUT (17) as shown in FIGURE 4.

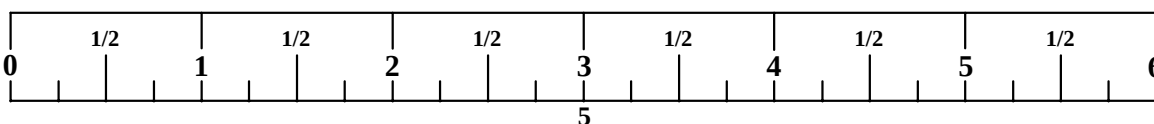
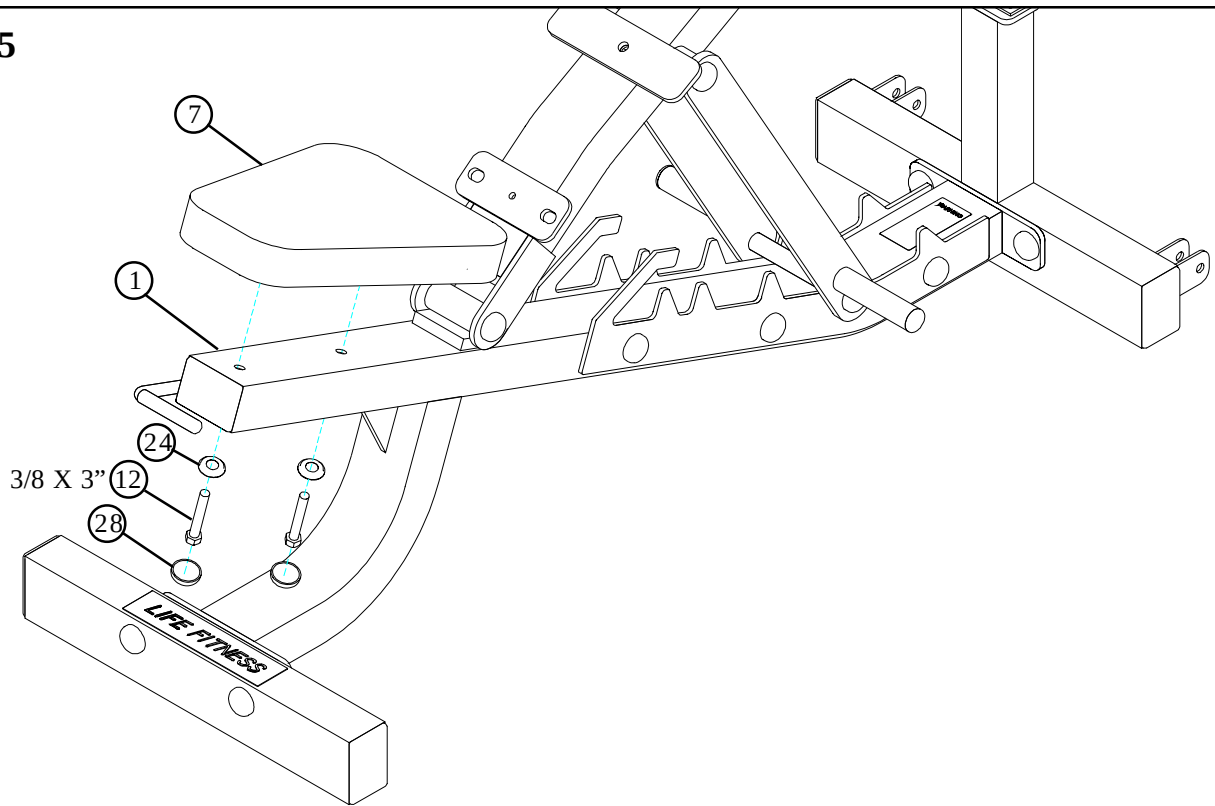


FIGURE 5



STEP 5:

- **SECURELY** assemble the SEAT PAD (7) to the BENCH FRAME (1) using two RH CAPS (28), two 3/8 X 3" BOLTS (12) and two 3/8" RH WASHERS (24) as shown in FIGURE 5.

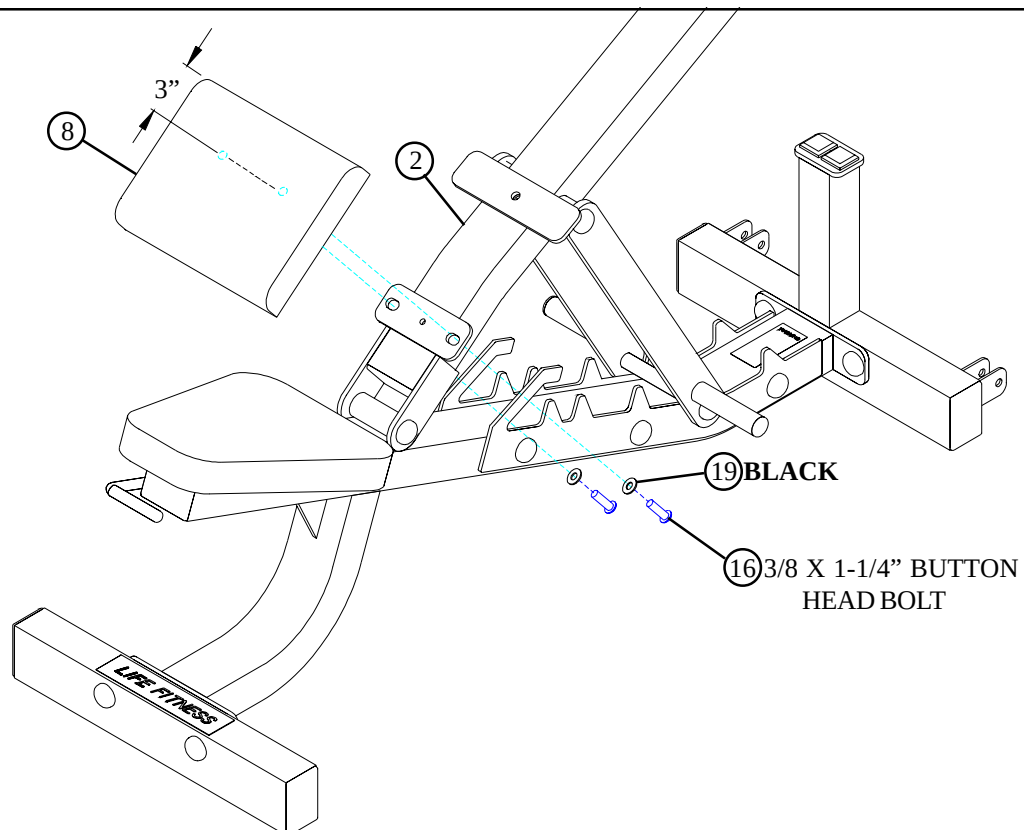
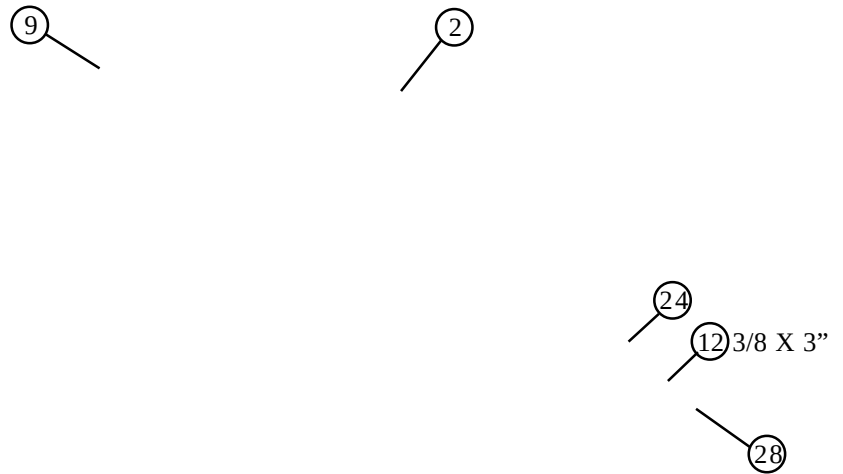


FIGURE 6

STEP 6:

- **SECURELY** assemble the LUMBAR PAD (8) to the BACK PAD SUPPORT (2) using two 3/8 X 1-1/4" BUTTON HEAD BOLTS (16) and two 3/8" **BLACK** SAE WASHERS (19) as shown in FIGURE 6. (**Note direction of PAD.**)

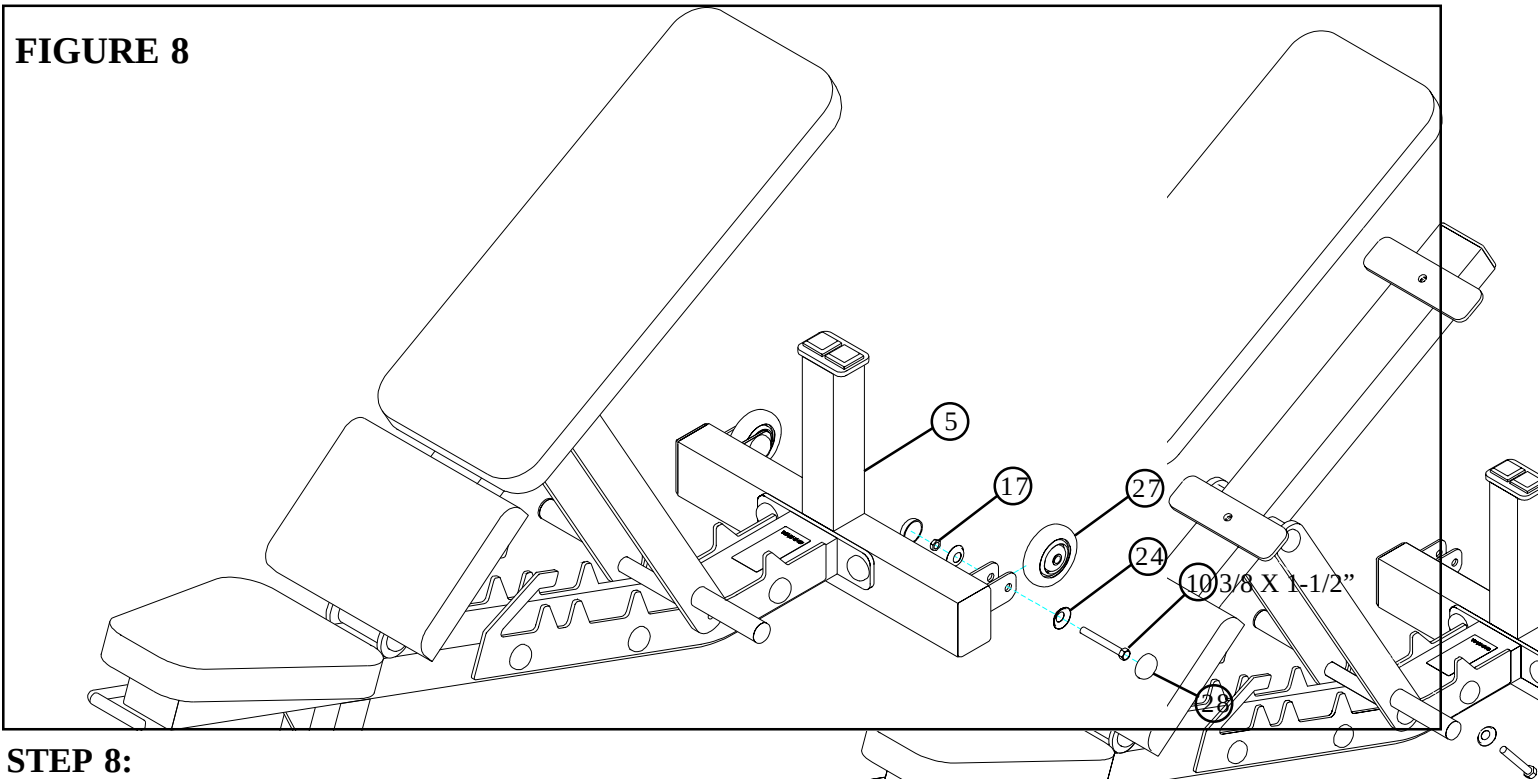
FIGURE 7



STEP 7:

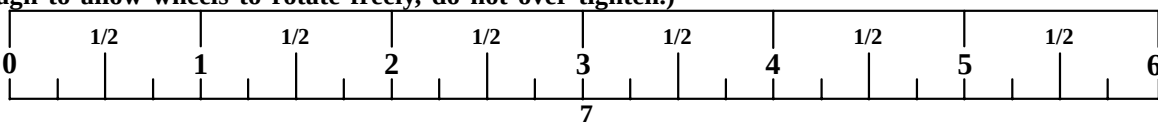
- **SECURELY** assemble the BACK PAD (9) to the BACK PAD SUPPORT (2) using two RH CAPS (28), two 3/8 X 3" BOLTS (12) and two 3/8" RH WASHERS (24) as shown in FIGURE 7.

FIGURE 8



STEP 8:

- **SECURELY** assemble two 3" WHEELS (27) to the REAR UPRIGHT (5) using four RH CAPS (28), two 3/8 X 1-1/2" BOLTS (10), four 3/8" RH WASHERS (24) and two 3/8" LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 8. (**NOTE: Tighten connection enough to allow wheels to rotate freely, do not over tighten.**)



CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately.
Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES ADJUSTABLE BENCH. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.